

# Jason C Ong

## List of Publications by Citations

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

74  
papers

2,836  
citations

25  
h-index

52  
g-index

79  
ext. papers

3,595  
ext. citations

3.4  
avg, IF

5.46  
L-index

#	Paper	IF	Citations
74	A randomized, placebo-controlled trial of online cognitive behavioral therapy for chronic insomnia disorder delivered via an automated media-rich web application. <i>Sleep</i> , <b>2012</b> , 35, 769-81	1.1	307
73	Cognitive Behavioral Therapy for Insomnia Comorbid With Psychiatric and Medical Conditions: A Meta-analysis. <i>JAMA Internal Medicine</i> , <b>2015</b> , 175, 1461-72	11.5	276
72	Combining mindfulness meditation with cognitive-behavior therapy for insomnia: a treatment-development study. <i>Behavior Therapy</i> , <b>2008</b> , 39, 171-82	4.8	180
71	A randomized controlled trial of mindfulness meditation for chronic insomnia. <i>Sleep</i> , <b>2014</b> , 37, 1553-63	1.1	169
70	Improving sleep with mindfulness and acceptance: a metacognitive model of insomnia. <i>Behaviour Research and Therapy</i> , <b>2012</b> , 50, 651-60	5.2	169
69	CBT for insomnia in patients with high and low depressive symptom severity: adherence and clinical outcomes. <i>Journal of Clinical Sleep Medicine</i> , <b>2011</b> , 7, 645-52	3.1	167
68	Effect of Digital Cognitive Behavioral Therapy for Insomnia on Health, Psychological Well-being, and Sleep-Related Quality of Life: A Randomized Clinical Trial. <i>JAMA Psychiatry</i> , <b>2019</b> , 76, 21-30	14.5	142
67	Mindfulness and rumination: does mindfulness training lead to reductions in the ruminative thinking associated with depression?. <i>Explore: the Journal of Science and Healing</i> , <b>2009</b> , 5, 265-71	1.4	126
66	Who is at risk for dropout from group cognitive-behavior therapy for insomnia?. <i>Journal of Psychosomatic Research</i> , <b>2008</b> , 64, 419-25	4.1	101
65	Mindfulness meditation and cognitive behavioral therapy for insomnia: a naturalistic 12-month follow-up. <i>Explore: the Journal of Science and Healing</i> , <b>2009</b> , 5, 30-6	1.4	96
64	Characteristics of Insomniacs with Self-Reported Morning and Evening Chronotypes. <i>Journal of Clinical Sleep Medicine</i> , <b>2007</b> , 03, 289-294	3.1	80
63	The Relation of Trouble Sleeping, Depressed Mood, Pain, and Fatigue in Patients with Cancer. <i>Journal of Clinical Sleep Medicine</i> , <b>2009</b> , 05, 132-136	3.1	78
62	Frequency and predictors of obstructive sleep apnea among individuals with major depressive disorder and insomnia. <i>Journal of Psychosomatic Research</i> , <b>2009</b> , 67, 135-41	4.1	67
61	Attribution, cognition and psychopathology in persistent insomnia disorder: outcome and mediation analysis from a randomized placebo-controlled trial of online cognitive behavioural therapy. <i>Sleep Medicine</i> , <b>2014</b> , 15, 913-7	4.6	63
60	A mindfulness-based approach to the treatment of insomnia. <i>Journal of Clinical Psychology</i> , <b>2010</b> , 66, 1175-84	2.8	61
59	Chronotype and Improved Sleep Efficiency Independently Predict Depressive Symptom Reduction after Group Cognitive Behavioral Therapy for Insomnia. <i>Journal of Clinical Sleep Medicine</i> , <b>2015</b> , 11, 1021-27	3.7	39
58	Insomnia and Obstructive Sleep Apnea. <i>Sleep Medicine Clinics</i> , <b>2013</b> , 8, 389-398	3.6	38

57	Worried sleep: 24-h monitoring in high and low worriers. <i>Biological Psychology</i> , <b>2013</b> , 94, 61-70	3.2	34
56	Chronic headaches and insomnia: working toward a biobehavioral model. <i>Cephalalgia</i> , <b>2012</b> , 32, 1059-706.1		34
55	Quality measures for the care of patients with insomnia. <i>Journal of Clinical Sleep Medicine</i> , <b>2015</b> , 11, 311-34		32
54	Characteristics of insomniacs with self-reported morning and evening chronotypes. <i>Journal of Clinical Sleep Medicine</i> , <b>2007</b> , 3, 289-94	3.1	32
53	The more the merrier? Working towards multidisciplinary management of obstructive sleep apnea and comorbid insomnia. <i>Journal of Clinical Psychology</i> , <b>2013</b> , 69, 1066-77	2.8	30
52	Gender and cognitive-emotional factors as predictors of pre-sleep arousal and trait hyperarousal in insomnia. <i>Journal of Psychosomatic Research</i> , <b>2013</b> , 74, 283-9	4.1	28
51	A two-dimensional approach to assessing affective states in good and poor sleepers. <i>Journal of Sleep Research</i> , <b>2011</b> , 20, 606-10	5.8	28
50	Digital Cognitive Behavioural Therapy for Insomnia versus sleep hygiene education: the impact of improved sleep on functional health, quality of life and psychological well-being. Study protocol for a randomised controlled trial. <i>Trials</i> , <b>2016</b> , 17, 257	2.8	27
49	Pain Coping Strategies for Tension-Type Headache: Possible Implications for Insomnia?. <i>Journal of Clinical Sleep Medicine</i> , <b>2009</b> , 05, 52-56	3.1	24
48	Using Mindfulness for the Treatment of Insomnia. <i>Current Sleep Medicine Reports</i> , <b>2017</b> , 3, 57-65	1.2	23
47	Depression and suicidal ideation in pregnancy: exploring relationships with insomnia, short sleep, and nocturnal rumination. <i>Sleep Medicine</i> , <b>2020</b> , 65, 62-73	4.6	22
46	Behavioral Sleep Medicine Services for Hypersomnia Disorders: A Survey Study. <i>Behavioral Sleep Medicine</i> , <b>2017</b> , 15, 158-171	4.2	20
45	Risk of obstructive sleep apnea in African American patients with chronic rhinosinusitis. <i>Annals of Allergy, Asthma and Immunology</i> , <b>2017</b> , 118, 685-688.e1	3.2	20
44	Evaluating the treatment of obstructive sleep apnea comorbid with insomnia disorder using an incomplete factorial design. <i>Contemporary Clinical Trials</i> , <b>2016</b> , 47, 146-52	2.3	20
43	Management of Obstructive Sleep Apnea and Comorbid Insomnia: A Mixed-Methods Evaluation. <i>Behavioral Sleep Medicine</i> , <b>2017</b> , 15, 180-197	4.2	19
42	Can Circadian Dysregulation Exacerbate Migraines?. <i>Headache</i> , <b>2018</b> , 58, 1040-1051	4.2	19
41	Maternal subjective sleep quality and nighttime infant care. <i>Journal of Reproductive and Infant Psychology</i> , <b>2010</b> , 28, 384-391	2.9	19
40	A randomized controlled trial of CBT-I and PAP for obstructive sleep apnea and comorbid insomnia: main outcomes from the MATRICS study. <i>Sleep</i> , <b>2020</b> , 43,	1.1	18

39	A Randomized Controlled Trial of Mindfulness Meditation for Chronic Insomnia: Effects on Daytime Symptoms and Cognitive-Emotional Arousal. <i>Mindfulness</i> , <b>2018</b> , 9, 1702-1712	2.9	17
38	The mediating role of sleep-related metacognitive processes in trait and pre-sleep state hyperarousal in insomnia disorder. <i>Journal of Psychosomatic Research</i> , <b>2017</b> , 99, 59-65	4.1	14
37	Morning Versus Evening Bright Light Treatment at Home to Improve Function and Pain Sensitivity for Women with Fibromyalgia: A Pilot Study. <i>Pain Medicine</i> , <b>2017</b> , 18, 116-123	2.8	13
36	Increased high-frequency NREM EEG power associated with mindfulness-based interventions for chronic insomnia: Preliminary findings from spectral analysis. <i>Journal of Psychosomatic Research</i> , <b>2019</b> , 120, 12-19	4.1	12
35	What do we really know about mindfulness and sleep health?. <i>Current Opinion in Psychology</i> , <b>2020</b> , 34, 18-22	6.2	12
34	Digital Cognitive Behavioral Therapy for Insomnia in Women With Chronic Migraines. <i>Headache</i> , <b>2020</b> , 60, 902-915	4.2	11
33	Characterization of Patients Who Present With Insomnia: Is There Room for a Symptom Cluster-Based Approach?. <i>Journal of Clinical Sleep Medicine</i> , <b>2017</b> , 13, 911-921	3.1	11
32	Delivering Cognitive Behavioral Therapy for Insomnia in the Real World: Considerations and Controversies. <i>Sleep Medicine Clinics</i> , <b>2019</b> , 14, 275-281	3.6	11
31	Pain coping strategies for tension-type headache: possible implications for insomnia?. <i>Journal of Clinical Sleep Medicine</i> , <b>2009</b> , 5, 52-6	3.1	11
30	Sleep Apnea and Insomnia: Emerging Evidence for Effective Clinical Management. <i>Chest</i> , <b>2021</b> , 159, 2020-2028	5.3	10
29	Third-Wave Therapies for Insomnia. <i>Current Sleep Medicine Reports</i> , <b>2015</b> , 1, 166-176	1.2	9
28	Bereavement, Self-Reported Sleep Disturbances, and Inflammation: Results From Project HEART. <i>Psychosomatic Medicine</i> , <b>2019</b> , 81, 67-73	3.7	8
27	Developing a cognitive behavioral therapy for hypersomnia using telehealth: a feasibility study. <i>Journal of Clinical Sleep Medicine</i> , <b>2020</b> , 16, 2047-2062	3.1	7
26	Promoting Mindfulness in African American Communities. <i>Mindfulness</i> , <b>2020</b> , 11, 2274-2282	2.9	7
25	Autonomic dysregulation and sleep homeostasis in insomnia. <i>Sleep</i> , <b>2021</b> , 44,	1.1	7
24	Examining the Variability of Sleep Patterns during Treatment for Chronic Insomnia: Application of a Location-Scale Mixed Model. <i>Journal of Clinical Sleep Medicine</i> , <b>2016</b> , 12, 797-804	3.1	6
23	Mindfulness and nocturnal rumination are independently associated with symptoms of insomnia and depression during pregnancy. <i>Sleep Health</i> , <b>2020</b> , 6, 185-191	4	6
22	Mindfulness-based therapy for insomnia. <b>2017</b> ,		6

21	Disease symptomatology and response to treatment in people with idiopathic hypersomnia: initial data from the Hypersomnia Foundation registry. <i>Sleep Medicine</i> , <b>2020</b> , 75, 343-349	4.6	6
20	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis. <i>JMIR Mental Health</i> , <b>2021</b> , 8, e21757	6	6
19	Development of a lifestyle intervention for the metabolic syndrome: Discovery through proof-of-concept. <i>Health Psychology</i> , <b>2018</b> , 37, 929-939	5	5
18	A brief neuropsychological protocol for assessing patients with Parkinson's disease. <i>NeuroRehabilitation</i> , <b>2005</b> , 20, 191-203	2	5
17	0379 A Randomized Controlled Trial Of CBT-I and CPAP For Comorbid Insomnia and OSA: Initial Findings from the MATRICS Study. <i>Sleep</i> , <b>2019</b> , 42, A154-A154	1.1	4
16	How Does Narcolepsy Impact Health-Related Quality of Life? A Mixed-Methods Study. <i>Behavioral Sleep Medicine</i> , <b>2021</b> , 19, 145-158	4.2	4
15	Feasibility and Preliminary Efficacy of a Bright Light Intervention in Ovarian and Endometrial Cancer Survivors. <i>International Journal of Behavioral Medicine</i> , <b>2021</b> , 28, 83-95	2.6	4
14	A Concept Map of Behavioral Sleep Medicine: Defining the Scope of the Field and Strategic Priorities. <i>Behavioral Sleep Medicine</i> , <b>2018</b> , 16, 523-526	4.2	3
13	Mindfulness-based therapy for insomnia for older adults with sleep difficulties: a randomized clinical trial. <i>Psychological Medicine</i> , <b>2021</b> , 1-11	6.9	3
12	Effects of Web-Based Group Mindfulness Training on Stress and Sleep Quality in Singapore During the COVID-19 Pandemic: Retrospective Equivalence Analysis (Preprint)		2
11	Waking rest: a game changer or a name changer?. <i>Sleep</i> , <b>2019</b> , 42,	1.1	1
10	Being kind to self is being kind to sleep? A structural equation modelling approach evaluating the direct and indirect associations of self-compassion with sleep quality, emotional distress and mental well-being. <i>Current Psychology</i> , 1	1.4	1
9	Mindfulness and Behaviour Therapy for Insomnia: An Assessment of Treatment Effect in a Sleep Disorders Clinic Population with Insomnia. <i>Behaviour Change</i> , <b>2021</b> , 38, 25-39	1.1	1
8	Associations between sleep disturbances, diabetes and mortality in the UK Biobank cohort: A prospective population-based study. <i>Journal of Sleep Research</i> , <b>2021</b> , 30, e13392	5.8	1
7	A Micro-Longitudinal Study of Naps, Sleep Disturbance, and Headache Severity in Women with Chronic Migraine.. <i>Behavioral Sleep Medicine</i> , <b>2022</b> , 1-12	4.2	1
6	0624 Addressing the Psychosocial Aspects of Narcolepsy: A Mixed-Methods Study. <i>Sleep</i> , <b>2019</b> , 42, A248-A249		
5	Insomnia: Evaluation and Therapeutic Modalities. <i>Current Clinical Neurology</i> , <b>2020</b> , 141-157	0.1	
4	CBT-I for patients with hypersomnia disorders <b>2022</b> , 115-133		

- 3 Optimizing Behavioral Sleep Strategies. *CONTINUUM Lifelong Learning in Neurology*, **2020**, 26, 1075-1083
- 2 Adjunctive and alternative treatment of insomnia **2021**,
- 1 Optimizing a Behavioral Sleep Intervention for Gynecologic Cancer Survivors: Study Design and Protocol.. *Frontiers in Neuroscience*, **2022**, 16, 818718 5.1